

Fitness Rooms

Fitness Rooms
18 and older
\$3.00/drop-in

*All fitness rooms require a
Fitness room orientation.
Please call individual sites
for orientation information.*

Delridge

Mon/Wed 9-8 pm

Tue/Thu 2-8 pm

Fridays 1-6 pm

Saturdays 9-3 pm *Spring

Only last Sat 5/24

Hiawatha

Mon/Thu 10a-8p

Tue/Wed 11a-8p



Community Centers

More Classes, programs and Sports
available in our Brochure
pick one up or visit:
seattle.gov/parks/brochures/



West-Seattle-Community-Centers

Alki 206-684-7430
5817 SW Stevens St

Delridge 206-684-7423
4501 Delridge Way SW

Hiawatha 206-684-7441
2700 California Ave SW

High Point 206-684-7422
6920 34th Ave SW

South Park 206-684-7451
8319 8th Ave S

West Seattle Spring & Summer Drop-in Sports



Open Gym

	High Point	South Park	Delridge	Hiawatha
Mon	2:30-4pm	1:30-5:30pm	2:30-5:30pm	6-7pm
Tue		1:30-5:30pm	3-6pm	11-1pm 6-7pm
Wed	2:30-4pm	1:30-5:30pm	2:30-5:30pm	11-1pm 6-7pm
Thur		1:30-5:30pm	3-6pm	6-7pm
Fri	2:30-4pm	1:30-5:30pm	4-6pm	6-7pm
Sat	Times vary	Times vary	Times vary	Times vary

Times and Days are subject to change please call to ensure drop-in is happening. For more information contact your local site. Contact information on back sheet

Adults \$3.00, Senior \$2.00, Youth under 18 free
(Must have school ID.)

Pickleball / Other

Location	Alki	Delridge	Hiawatha	High Point
Senior Pickleball 50+ \$2 Senior		Mon/Wed 10am-Noon Wed 6-8 Tue/Thu Noon-2pm	Fri 10am-noon	Mon 9:30am-11:30am
Other	Skating Fri 6:45-8:45pm Dodgeball Mon 5-7:45* Only last Fri 6/20	Volleyball T/Th 10-Noon Badminton Tue 11:30-1:30	Dodge ball Friday 2-9pm	

➤ FALL YOUTH SPORTS

REGISTRATION BEGINS MAY 20, 2014 AT NOON

Fee: TBD

GIRLS VOLLEYBALL LEAGUE

Age Groups: 10-11, 12-13, & 14-17*

Minimum: 5 girls per team

Girls will learn teamwork, sportsmanship and volleyball fundamentals leading into more advanced skills. Players may sign up at their local community center. Practices will occur at their home site while games are at various centrally located community centers. League play begins in mid-September and ends in mid-November.

YOUTH FLAG FOOTBALL LEAGUE (CO-ED)

Age Groups: 6-7, 8-9, 10-11, 12-14

Minimum: 5 players per team

Players learn basic skills, team play, and sportsmanship in this citywide league. Players may sign up at their community center and are placed on teams. Games are played in accordance with NFL flag football rules and field dimensions. League play begins the last week in September and concludes in mid-November. Teams practice at their local community center.

YOUTH CROSS-COUNTRY (GIRLS AND BOYS)

Age Group 8-17*

Registration and more info: www.raincityflyers.com (206-523-4233.) Practices begin in early September at Woodland Park and Genesee Park. Dress for the weather.

➤ WINTER YOUTH SPORTS

REGISTRATION BEGINS OCTOBER 7, 2014

➤ ADULT SPORTS/ACTIVITIES

2014 MASTERS TRACK MEET

The Seattle Parks and Recreation Masters Track Meet is held on Saturday, June 7, 2014 at West Seattle Stadium. The meet is for men and women 30 years old or older. Age groups are organized into 5-year grouping (30-34, 35-39, 40-44, etc...). There is a \$5 per event entry fee required for all events entered. Registration is at 8:30 am, and the first event starts at 9:30 am. Please our website at www.seattle.gov/parks/athletics/track.htm to view the Event Schedule. For more information, please call (206) 684-7092.

LOVE THE SPORT? LOVE KIDS? WANT TO GIVE BACK TO YOUR COMMUNITY? BECOME A VOLUNTEER COACH!

OUR LOW-COST LEAGUES CAN'T OPERATE WITHOUT THE DEDICATION OF OUR AWESOME COACHES!
Visit or call your local community center to get more information!

For more information: